

Inclusion 2028

Para Bowls

Shrinking Target Challenge

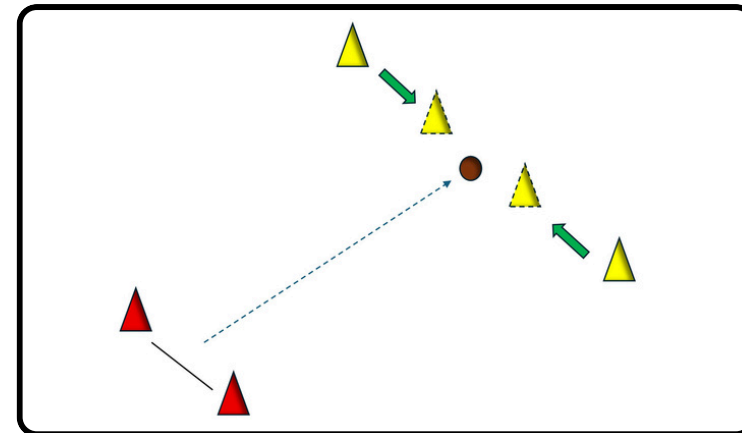
A simple target game where the challenge increases all the time!

What you need

- A variety of different density and sized balls (or bowls).
- 2 x marker cones, skittles or free-standing posts.
- Some throw-down spots or masking tape.

How to play

- Players select a ball that suits them.
- Players are positioned behind a line (use throw-down markers or masking tape).
- At a suitable distance (at least 3-5 metres, for example), position 2 cones or markers, 10 metres apart (or 10 paces) – like a gate.
- Players propel their ball between the cones.
- If a player is successful, reduce the gap between the cones (5 metres/paces).
- Finally, use a 3 metre gap.



Use the STEP adaptation tool to modify the activities

Space

- Reduce or increase the width of the gate.
- If a player succeeds in scoring through the narrowest gate, increase the distance from the start line to the target.

Task

- Start with the gate close to the player – then gradually increase the distance as their skill improves.

Equipment

- Use smaller balls and targets and play on a table-top.
- Players can use a ball-sending ramp or chute if required.

People

- Players who have vision or spatial impairments can be supported by a buddy giving verbal guidance from behind the target.